



'It gave me a reason to live'

Seven years ago, a program that allowed B.C. women to give birth and live with their babies at a provincial jail was shut down. In 2013, the B.C. Supreme Court ordered it reopened. But since then no mother has been admitted to the program.

A METRO SPECIAL INVESTIGATION

Ottawa metro

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Your essential daily news | TUESDAY, DECEMBER 1, 2015

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BREAKING THE BANK



ISTOCK

SHOOTINGS

Police beef up anti-gang squad



Joe Lofaro
Metro | Ottawa

Ottawa police's anti-gang unit is getting a temporary boost beginning this week as the city grapples with a recent spike in shootings reminiscent of gun violence that capped the end of 2014.

The Guns and Gangs Unit will see an additional 12 officers redeployed from other units to complement the usual team of eight detectives and two sergeants, effective Monday.

Beefing up the unit to 22 officers follows a similar response to last year after the city saw a record 49 shootings across the city.

"We've seen a lot of shootings in a short time period," police Chief Charles Bordeleau said before Monday's police board meeting. "Today, we have 42 shootings in our city and we've reached a threshold in the Guns and Gangs Unit where from a capacity perspective they need some support to help these investigations and to hold these offenders accountable."

The 12 supplementary officers will be working in the unit for the next 90 days.

The reallocation of officers on Monday comes ahead of Bordeleau's meeting this week with Mayor Jim Watson and police board chairman Eli El-Chantiry to discuss the shootings.



Ottawa business ready to farm edible crickets

FOOD
Three chirps for these menus

GROW HOP

Owner hopes people get over their 'ick' factor and try them



Haley Ritchie
Metro | Ottawa

Who wants a slice of bug cake? You might hear, er, crickets if you were to ask the question at your next dinner party, but Andrew Afelskie is asking you to give it a chance.

Afelskie is the mastermind behind Grow Hop, soon to be Ottawa's source for organic, protein-packed and sustainably farmed cricket flour.

He said he was inspired in 2013 after the United Nation's Food and Agriculture Organization released a report that said insects will play a major role in

wanted to find something with more impact," said Afelskie.

He'd been considering the idea over the summer when he returned to Ottawa after teaching in Japan.

Now with some early funding to work with and a warehouse in Nepean to grow the crickets, Afelskie is hoping to have Grow Hop-branded flour products available for sale in late winter or spring of 2016.

"There's barely anyone else doing it in North America so it's very exciting."

packed ingredient has niche appeal for people with dietary restrictions. It's gluten-free, soy-free and dairy-free and works for the paleo diet.

Entomo Farms in Toronto has already begun selling cricket flour, with a price of around \$10 for 100 grams.

A group of crickets is referred to as an orchestra, but Afelskie fondly refers his warehouse brood as his "herd."

He started by ordering a shipment of gryllobates sigillatus or tropical house crickets from a farm in Toronto. The crickets are a specific breed and

has been turned into a test lab since he began the project.

"I've been experimenting with sweet things and savoury things. I've made a chocolate cake recently and it was just delicious," he said. "I'm still exploring. It's been really fun."

While cricket cuisine may seem foreign to many in North America, bugs are a significant food source around the world.

They've been called the "future of food" and suppliers and product-makers are already successfully raising money for



Pancakes
A true Canadian take on crickets — bake them and smother them in butter and maple syrup.



Chocolate cake
Anything is good smothered in chocolate. Chocolate cake has been a tried and true idea for Afelskie, who tried it a few weeks ago and describes it as "just delicious."

Smoothies
Like protein powder, cricket flour can be added to smoothies and milkshakes for a healthy addition.



Hungry?
ISTOCK

citing, I really wanted to do it," he said.

The crickets are bred in a warehouse and fed with flax meal and organic fruits and vegetables. When the bugs are mature Afelskie freezes them, slow-roasts them and grinds them into flour that can be used for baking and cooking.

Aside from those ready to hop on board the latest trend, the protein-

have been raised organically in food-safe conditions.

"The overall taste profile is earthy. It has a hint of chocolate, chicory, dandelion root — and maybe a bit mushroomy," said Afelskie, whose kitchen

their ventures.

Afelskie is hoping to be a supplier, but also the product available to adventurous residents.

"I'm excited about building the local food culture in Ottawa. I'm really hoping to become the cricket guy of Ottawa," he said.

66 METRO ASKS: WOULD YOU EAT CRICKETS?



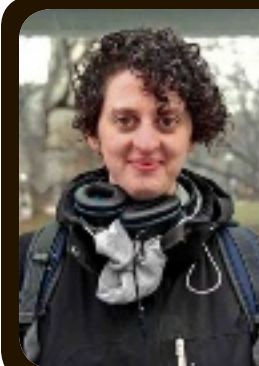
"I'd eat them — but just as flour. If it was a topping I'm not sure I could go for that."
Alan Dempsey



"I would, if it doesn't look like it's living. I could say to my grandmother that I'm eating more protein!"
Caroline Trotter-Gascon



"I would try it. I'd be curious and give it a try, but I'm not sure I'd like it. I'd probably want it baked in something or covered in chocolate."
David Karp



"I'd try it, I'm not grossed out. It's pure protein."
Veronique Poulin



An OC Transpo bus as it looked after colliding with a Via Rail train on Sept. 18, 2013, in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Fatal bus-train crash report set for release

TRANSPORTATION SAFETY

Six lost lives in collision at level crossing



Michael Woods
Metro | Ottawa

More than two years after the deadly collision between an OC Transpo double-decker bus and a Via Rail train, the federal transportation watchdog is releasing its report on the crash.

The long-awaited final report from the Transportation Safety Board is the result of a multi-year

investigation into the Sept. 18, 2013, collision that claimed the lives of six people, including bus driver Dave Woodard.

The collision at a level crossing near Woodroffe Avenue and Fallowfield Road also claimed the lives of Connor Boyd, Kyle Nash, Karen Krzyzewski, Michael Bleakney and Rob More. TSB chairwoman Kathy Fox, board member Helene Gosselin and lead investigator Rob Johnston will present the report to members of the media shortly after 11 a.m. Wednesday.

More than 30 bus passengers were injured in the crash. Several lawsuits have been filed against the city and Woodard's

estate; Via Rail is named as a defendant in some of them.

The TSB's function is to investigate transportation-related incidents, but it doesn't assign fault or determine civil or criminal liability.

It has cited bus driver distraction and speeding as possible factors, while cautioning against assuming those two factors alone contributed to the incident.

The TSB has issued four "safety advisories" to the city of Ottawa during its investigation; two in February 2014 and two

4

Number of "safety advisories" issued to city during TSB investigation.

in September 2014.

The latter two advisories concerned the speed of OC Transpo buses approaching crossings, as well as the video monitoring system on OC Transpo double-decker buses.

"Given the importance of minimizing driver distraction, the City of Ottawa may wish to review the procedural/operational aspects of the video monitor on double decker buses to ensure that safe bus operation is always maintained," the safety advisory said.

HEALTH

Ottawa MP B  langer diagnosed with ALS



Mauril B  langer
ADRIAN WYLD/THE CANADIAN PRESS

Longtime Ottawa MP Mauril B  langer will no longer seek to become House Speaker after being diagnosed with ALS, also known as Lou Gehrig's disease.

"Under the doctor's advice, I have decided to withdraw my candidacy for Speaker of the House of Commons today but shall continue as the proud Member of Parliament for Ottawa-Vanier," the Liberal MP said in a note to colleagues on Monday.

ALS, also known as Lou Gehrig's disease, is an incurable neuromuscular disease in which nerve cells die and

leave muscles paralyzed.

B  langer met with Ottawa neurologist Dr. Pierre Bourque last Friday, who diagnosed him with ALS after a series of tests.

B  langer was first elected to Parliament in 1995 and has been re-elected seven times.

His colleagues reacted with sadness at the news on Twitter.

"My thoughts are with my friend @Mauril_Belanger today," tweeted Prime Minister Justin Trudeau. "Stay strong. We will always have your back, Mauril."

"Mauril Belanger and I had a good cry today," wrote Sen. Jim Munson. "Saddened to

hear he has been diagnosed with ALS (Lou Gehrig's disease). Great friend-Good Man."

In a note to colleagues a week ago, B  langer said he was having difficulty speaking, which was why he hadn't been doing media interviews or speaking to colleagues on the phone.

He pledged to pull out of the Speaker's race before Dec. 2 if he didn't recover his voice.

Picking a new Speaker will be the first order of business when the House of Commons returns on Thursday.

MICHAEL WOODS/METRO

STILL IN PAIN?



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POLICING

Deficit driven by overtime



Joe Lofaro
Metro | Ottawa

Overtime costs are soaring at the Ottawa Police Service, which is now projecting a deficit of approximately \$1.6 million to cope with resource-intensive operations like missing persons cases and demonstrations.

At the beginning of November, police estimated overtime costs at \$700,000, prompting them to conduct a six-month study on a new staffing prioritization model. The study will run from Nov. 16 to May 1.

In their 2015 Q3 annual report tabled at Monday's police board meeting, police identified pressures being put on the force this year that are driving up overtime costs.

"In the first nine months of the year there have been six homicides with some logging high overtime costs. The ongoing taxi strike has had an impact on overtime and the Emergency Services Unit has also been called out frequently to search for missing persons," the report says. "Staffing pressures are also a factor in the projected deficit of \$1,600,000."

The airport taxi strike has consumed lots of police attention and resources over the past three months, requiring officers to monitor protests at the Ottawa airport and along the Airport Parkway.

The 2016 budget — which was approved Monday night by the Ottawa Police Services Board — does not include any additional money for overtime.

Next year's budget does include a commitment to hire 25 additional police officers at a cost of \$1.3 million. The additional officers are expected to alleviate some units that are facing staffing pressures.

Cultural and community leaders make their pitch

SLUGLINE

Budget battles all too clear as \$36M shortfall causes issues



Emma Jackson
Metro | Ottawa

Too many forks and not enough pie: that was the theme of a marathon budget debate Monday when dozens of community advocates flooded city hall demanding more money.

Many of the 38 delegations asked the community and protective services committee to support "vital" programs serving everyone from immigrants to people with disabilities.

A 1.5 per cent budget increase just isn't enough to serve those vulnerable groups, said St. Luke's Table director Shea Kiely, who spoke for a long list of city-funded non-profits.

Community resource centres, for instance, serve a city growing by as much as six per cent a year, said Sandy Wooley, who runs the Nepean, Rideau and Osgoode community resource centre. As the city grows, the



The pressures will soon not be manageable. We may have to turn away residents.

Sandy Wooley

number of people needing social services is increasing, too.

"The pressures will soon not be manageable. We may have to turn away residents who need vital services," Wooley said.

Mayor Jim Watson has committed to a two per cent tax increase cap even as the city faces a \$36-million budget shortfall in 2016. Staff have been asked to find \$11.6 million in savings next year. Wooley called for

a steeper tax hike, a demand backed by the Pinecrest-Queensway community health centre, the Western Ottawa community resource centre and Kiely's coalition.

The city's cultural leaders were also looking for more cash. City-funded arts, heritage and culture programs won't get the \$684,000 top-up promised in the city's own five-year arts funding strategy next year —

nor is it expected in 2017 or 2018, said Catherine Lindquist from the Council of Heritage Organizations.

If that doesn't change, the city will fall short of its \$4.95 million investment promise by 78 per cent, she told councillors, and Ottawa will remain 31 per cent below the national cultural spending average.

"Surely average is not beyond our reach," Lindquist said.

Adding to the budget won't be easy; to do so, councillors will have to cut the same amount from somewhere else.

Council will approve the final budget Dec. 9.



INJECTING FUEL INTO DEBATE FIVE SUPERVISED CENTRES PROPOSED FOR CITY Research using Vancouver's Insite, a supervised injection facility, as a case study is making an argument in favour of opening five supervised-injection sites across Ontario. Dr. Ahmed Bayoumi of St. Michael's Hospital in Toronto said establishing facilities such as Insite in that city and in Ottawa would save money and reduce the incidence of diseases such as HIV and hepatitis C. "Three facilities for Toronto and two for Ottawa represent a good investment compared to (what) we ordinarily invest in in health care," he said Monday. JONATHAN HAYWARD/THE CANADIAN PRESS



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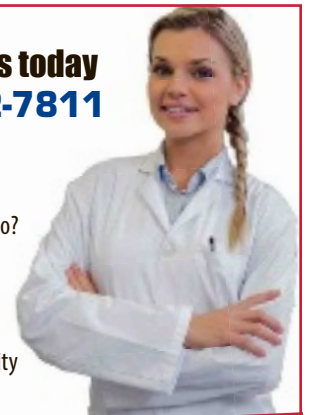
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BROKEN BONDS | PART I

Jennifer Smith stands in her oldest daughter's bedroom at her home in Vancouver. In 2007, Smith and her newborn baby lived together at a B.C. jail while Smith was incarcerated.

JENNIFER GAUTHIER/FOR METRO

An unlikely initiative at one B.C. jail for women was changing the lives of inmates and their families. So why was it stopped?

Breaking a vicious cycle

Sidney Cohen
For Metro

Jennifer Smith found out she was pregnant from a prison nurse at Prince George Regional Correctional Centre, a provincial jail in central British Columbia.

It was the winter of 2007 and Smith, in jail for minor crimes committed to support a drug habit, had recently been through withdrawal. The 22-year-old weighed just over 100 pounds and in her words, "looked like death." The baby, she was told, would come before the end of her sentence.

Traumatic events in Smith's youth, including the suicide of her father when she was a teenager, had her on a downward trajectory. When she discovered she was pregnant, "I just made a really big decision," Smith

says, "that my life was going to change from here on out."

It was Smith's first pregnancy, but not her first time in jail. Two years earlier, Smith had spent three and a half months at Alouette Correctional Centre for Women, a Vancouver-

ated to keep their newborns with them, to breastfeed and bond during the critical postpartum period.

Smith asked to be transferred to Alouette and her request was granted.

Smith gave birth to a daugh-

ter that June. In August, she walked through Alouette's gates, baby in tow. She never looked back.

Alouette staff and outside observers say the mother-baby program is safe and effective. They note the positive impacts of keeping mothers and babies together: babies reap the health benefits of breastfeeding and bonding with their mothers, and the mothers are inspired to get clean and stay out of jail.

So it came as a shock when, in 2008, B.C. Corrections quietly shut down the mother-baby program, citing concerns for the babies' safety, despite there being no known instance of harm to any child who participated in the program. Two inmates challenged the closure and in 2013, the B.C. Supreme Court ordered the program reinstated. The court held that cancelling the program discriminated against incarcerated women, particularly indigenous women, who are overrepresented in Canada's correctional system, and violated the charter rights of mothers and babies to be together.

On June 16, 2014, B.C.'s Ministry of Justice proudly announced the opening of the newly renovated mother-baby unit at Alouette, but since then

not one baby has been allowed to live at the jail. And not for want of pregnant inmates. In all 26 babies have been born to provincially incarcerated women in B.C. since 2008. Two inmates gave birth this summer.

When asked, the province

says Alouette's mother-baby facility is available to women who need it, but inmates, activists and even the jail's former warden say the government has made the program so hard to access that it might as well still be closed.

Alouette opened as a women-only prison in 2004, under an enthusiastic warden named Brenda Tole, who is now retired. Tole had a vision for corrections built on the belief that permitting women a degree of autonomy would empower them to take control of their lives.

Tole designed Alouette to be a therapeutic space. Women had keys to their own rooms, they could venture outdoors at their leisure, and an inmate

+ BREASTFEEDING

The World Health Organization says breast milk is the ideal food for newborns as it is rich in nutrients and has antibodies that protect against diarrhoea and pneumonia - the leading causes of child mortality across the globe. According to Health Canada, breastfeeding reduces a child's risk for allergies, helps mothers shed baby weight and reduces their risk for developing breast cancer.

THE ASSOCIATED PRESS



"A pregnancy always offers an opportunity for healing."

Mary Ellen Turpel-Lafond, B.C. Children's Advocate

area prison for women awaiting trial or serving terms under two years. Smith remembered being amazed when a fellow inmate delivered a baby boy in hospital and brought him back to live with her at the jail.

At the time, Alouette was operating a "mother-baby program," which allowed women who gave birth while incarcer-

ated to keep their newborns with them, to breastfeed and bond during the critical postpartum period.

Smith asked to be transferred to Alouette and her request was granted.

committee was organized so women could discuss problems in the jail and make proposals for improvements.

All this equalled a measure of agency and trust unfamiliar to most women in custody. On the street, Alouette was known as “Camp Cupcake.”

Alouette’s mother-baby program was pitched to Tole by Sarah Payne, a Vancouver midwife. Payne, who worked with substance using mothers and their babies, explained that infants born into withdrawal who stayed with their mothers — were breastfed, cradled and kissed — had better health outcomes. Women who had babies taken away often lost hope and returned to their old ways. Mothers who kept their newborns had motivation to get better.

Tole, who has worked in corrections for 30 years, says she has seen the effects of mother-child separation first-hand. “The moms are destroyed. ... It’s unbelievable. It’s horrible,” she says.

Alouette’s mother-baby program was designed to give babies the chance to form a secure attachment to their mothers, which experts say is critical to a child’s future emotional health.

Mary Ellen Turpel-Lafond, B.C.’s Children’s Advocate, has worked closely with families living with poverty, drug addiction and incarceration, and is a vehement supporter of prison mother-baby programs. She says the effects of keeping a mother



Jennifer Smith holds a photograph of oldest daughter, taken in 2008. JENNIFER GAUTHIER/FOR METRO

and baby together, with support from the community and social services, can be life-altering for the child and felt for generations to come.

“The children have stayed in the long term with the parent, done well in school and will likely be the first generation to break ... a multi-generational cycle,” she says.

Considering Canada’s sordid history of removing indigenous children from their families, the implications are especially acute for First Nations women, who account for almost half of the country’s female inmate population.

Alouette’s mother-baby initiative presented an opportunity

“to address trauma as opposed to compounding trauma” experienced by incarcerated women and children of Indigenous heritage, says Turpel-Lafond.

Between 2005 and 2008, 13 babies were born to women serving sentences at Alouette and nine lived at the jail until their mothers were released. At the time of the 2013 B.C. Supreme Court judgment, all nine had remained out of custody — impressive, given that About 70 per cent of B.C.’s women inmates reoffend within two years of release, according to documents from court case.

“It was just amazing to see,”

says Tole, who worked in corrections for over 30 years. “The moms... and babies did so well. It was positive for the staff too ... a total de-stressor.”

Alouette’s mother-baby unit, named Alder after the west coast tree, had a reputation for being calm. Women who sought admission to the unit were carefully screened. If they didn’t have kids of their own inside, they acted as babysitters while the mothers worked and took parenting classes. Some inmates who helped out in this way reported that the babies’ presence elicited painful memories of their own estranged kids but also that the program inspired them to reconnect with their

children when they were released.

Jennifer Smith says she felt “totally safe and comfortable” living with her daughter in Alder.

Smith recalled one night when her baby wouldn’t stop crying. She tried burping and bobbing her to no avail. Not having slept a full night in days, the first-time mother broke down in tears herself.

That’s when she heard a knock at her door: “Is there anything I can do for you, dear?”

It was Betty Krawczyk, an environmentalist famous in B.C. for multiple arrests and imprisonments. The 78-year-old grandmother plucked the bawling baby from Smith’s arms and, in characteristic defiance of the rules, brought the baby to the rocking chair in Alder’s common room. She held the child against her breast and rocked her back and forth until she fell asleep.

In the years since leaving Alouette, Smith has stayed clean, moved into a three-bedroom apartment in Vancouver, and had a second daughter.

It hasn’t been easy, but the family has come a long way.

Smith’s daughter, now in Grade 3, is doing well in school and taking gymnastics classes. “She’s really flexible,” Smith says proudly. “This girl can do the splits both ways and she does headstands, handstands, round-offs on the beam.” Her younger child, nearly two, is

learning numbers and shapes.

Right now Smith is a full-time mom, but she hopes to pursue a career where she can draw on her life experiences to help others.

“I just want to be there, so that people know there’s still hope when you’re down. It’s not the end of the world. I know I definitely thought it was for me.”

Smith says the day she found out she was pregnant the first time was the best one in her life up to that point.

“It gave me a reason to live. “If I didn’t get the opportunity to have my child (in jail) — I still would have fought for her — but who knows what would have happened. I don’t even want to think about it.”

Meanwhile, Alouette’s mother-baby facility sits empty.

Broken Bonds

PART I

“A success story”
Tues. Dec. 1

PART II

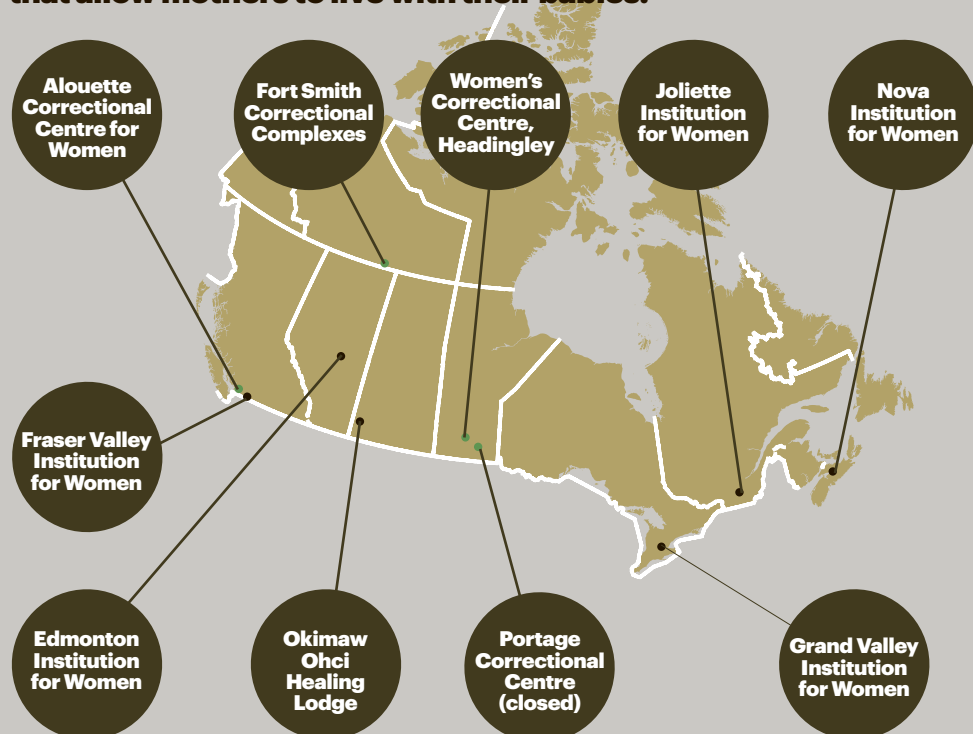
“It all falls apart”
Wed. Dec. 2

PART III

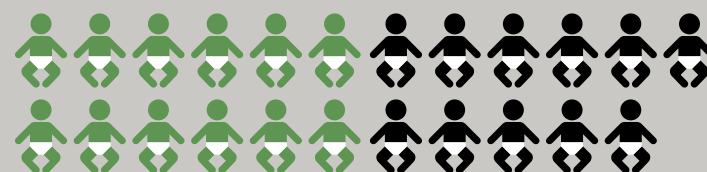
“What now?”
Thurs. Dec. 3

+ BRINGING UP BABY BEHIND BARS

In Canada, there have been 10 correctional facilities with programs that allow mothers to live with their babies.

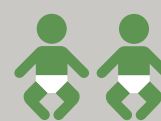


In B.C., 23 babies were born to incarcerated women between 2008 and 2013, when Alouette’s mother-baby program was shut down



Of these babies,
12 were put in
foster care

Since Alouette’s program reopened in 2013, 3 babies have been born in B.C. provincial jails



2 babies
were put in
foster care



1 baby
was released
with the
mother



Currently there are
3 babies living with
their mothers in
federal prisons

'There's no time to waste'

UN SUMMIT

Trudeau tells leaders to fight climate change at home first

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

Trudeau wrapped up a week-long run of European summitry — his second in less than 30 days since being sworn in — with an address to the leaders' plenary on the opening day of a UN-sponsored climate conference.

French President Francois Hollande, the host of the 21st climate conference, and other leaders painted the climate battle in existential terms for humankind, explicitly linking security issues and global warming in this terror-scarred city. Trudeau focused on his own backyard.

"Indigenous peoples have known for thousands of years how to care for our planet," he said. "The rest of us have a lot to learn. And no time to waste."

Trudeau said national govern-

ments like his own also have a lot they can learn from cities, and from the provincial premiers who've accompanied him to these talks.

More than 150 countries are represented at the conference, known as COP21, and more than 180 jurisdictions made emissions-cutting pledges in advance of two weeks of final negotiations that formally began Monday.

Hollande, whose nation was stricken earlier this month by its second deadly terror attack in 2015, portrayed the task of climate negotiators in vividly dire terms.

"I'm not choosing between the fight against terror and the fight against global climate change," he said in his opening address.

"Because we must leave our children more than a planet free of terrorism. We must leave them a viable planet."

The conference site, a sprawling airfield outside Paris, was a remarkable scene. More than one hundred country leaders and several thousand official delegates

and journalists converged in the City of Lights just three weeks after terrorists attacks.

Trudeau had been asked last week about the nexus of climate and terror after UN secretary general Ban Ki-Moon raised the link in Malta during a Commonwealth summit.

Trudeau said both have figured in every conversation he's had with other world leaders, whether at the G20 in Turkey, the Asia-Pacific leaders summit in Manila, or last week in Malta — but added, "I don't see a direct link there."

At a news conference Monday on the conference site, Trudeau said the three-month election campaign this fall that propelled his Liberals to power showed him that Canadians are ready to pitch in on fighting climate change.

"But they want to know that what they're doing fits into a bigger picture," said Trudeau. "Because there is no point in bending over backwards if your neighbour or your government is not also doing its part to ensure

Paris, France



Prime Minister Justin Trudeau speaks during the UN climate change summit Monday in France. ADRIAN WYLD/THE CANADIAN PRESS

that we all have the maximum impact together."

Trudeau announced in Malta that Canada will contribute \$2.65 billion to a climate adaptation and mitigation fund, and on Mon-

day he added a pledge of \$300 million to clean technology innovation as part of a 20-country project headlined by Hollande, Barack Obama and Microsoft's Bill Gates. THE CANADIAN PRESS

TODDLER GOES VIRAL

Political junkie in diapers

She may still be in diapers, but Sophia Popalayar can do something many Canadians can't: the two-year-old can name several of



Sophia Popalayar

can name several of Canada's new cabinet ministers.

Who is Canada's new prime minister, her father, Fawad Popalayar, asks in a video posted on YouTube. "Justin Trudeau," the youngster responds without missing a beat. "The honourable ... ?" her father prompts.

"The Right Honourable Justin Trudeau," Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. But who is her favourite minister? Maryam Monsef, Canada's new Minister of Democratic Institutions, Sophia replies. TORSTAR NEWS SERVICE

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Vusiyeka Dubula and the South Africa-based Treatment Action Campaign group is looking for funding options at Tuesday's Toronto summit. CONTRIBUTED

Money still key to Africa's epidemic

HIV TIME BOMB

Fresh funding the top priority at World AIDS Day summit



Gilbert Ngabo
Metro | Toronto

One of the largest organizations in the fight against AIDS could close up shop because it's running out of money.

South Africa-based TAC — Treatment Action Campaign — is one of a handful groups meeting in Toronto on Tuesday to discuss the challenges they face as the world marks AIDS Day.

The organization has been at the forefront of the battle against HIV in South Africa and across the continent. A big part of its \$20-million annual budget comes from foreign donors.

But the contributions have been shrinking, with donors putting more and more money directly into government coffers rather than non-profits.

"This is a big concern to us," said Vusiyeka Dubula, TAC's former general secretary who teaches about the social aspects of HIV/AIDS at South Africa's Stellenbosch University.

The group could end some of its community programs by March if it can't find new sources of funding, she said.

"It would be a disaster for South Africans," she said, adding the country has the highest prevalence of HIV around the world. About 6.5 million South Africans are HIV-positive and only 3.5 million are receiving antiretroviral treatments. Of the 37 million around the world infected with HIV/AIDS,

more than 25 million of them in Africa. About 75,000 people live with the virus in Canada.

Toronto-based Steven Lewis Foundation, which organized Tuesday's conference at Bell Lightbox, has committed to matching contributions to TAC's budget up to \$1 million.

Dubula said healthcare systems across Africa are failing badly, largely because of insufficient infrastructure and too few doctors and nurses. It's a struggle she knows on a personal level. She has lived with HIV for nearly 15 years and has been taking antiretroviral drugs for a decade.

"In developed countries like Canada, health clinics are in walking distance," she said. "But people in poor countries have to travel many miles for treatments."

25M

Of the global total of 37 million HIV/AIDS sufferers, 25 million live in Africa.

IN BRIEF

No speaker role for Bélanger after diagnosis

Longtime Ottawa MP Mauril Bélanger won't seek to become House speaker after being diagnosed with ALS, also known as Lou Gehrig's disease.

"Under the doctor's advice, I have decided to withdraw my candidacy for Speaker of the House of Commons today but shall continue as the proud Member of Parliament for Ottawa-Vanier," the Liberal MP said in a note on Monday.

MICHAEL WOODS/METRO

PEACE AWARD

Ex-child soldier's message of unity

Former child soldier Emmanuel Jal wants the world to stop fighting violence with violence.

The message is getting a big nod this week as the Toronto musician receives the World Citizen Artists award in Paris, a recognition of his work to promote peace through his art.

The award recognizes individuals and projects making a difference through creativity.

Education and tolerance are the only solutions to increased brutality gripping the world, Jal says. "There's a lot

of fear out there, and there's a lot of people who know how to benefit from fear. When we are scared, that's when we kill each other."

Hatred driven by fear is something Jal has known personally and fought hard to get away from. As a child soldier in South Sudan, he wanted "to kill as many Muslims as possible."

"But I've changed. I've come to know that as many Muslims are victims of terrorism as everyone else."

GILBERT NGABO/METRO

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BEIJING SMOG LEVELS HIT DANGEROUS HIGH A Chinese police officer wears a protective mask as he stands in a very hazy Tiananmen Square on a day of heavy pollution on Nov. 30 in Beijing, China. China's capital and many cities in the northern part of the country recorded the worst smog of the year with air quality devices in some areas unable to read such high levels of pollutants. KEVIN FRAYER/GETTY IMAGES

Summit an 'act of defiance': Obama

COP21

U.S. president delivers salute to Paris, urges climate action

Pushing for a powerful climate deal, President Barack Obama called the global talks opening Monday outside Paris an "act of defiance" against terrorism that proves the world stands undeterred by Islamic State of Iraq and the Levant (ISIL)-linked attacks in Europe and beyond.

Obama used his speech to more than 150 world leaders to salute Paris and its people for "insisting this crucial conference go on" just two weeks after attacks that killed 130 in the French capital. He said leaders had converged to show resolve to fight terrorism and uphold their values at the same time.

"What greater rejection of those who would tear down our world than marshalling our best efforts to save it," Obama said.

Obama's remarks came at the start of two weeks of make-or-break negotiations to finalize a sweeping global agreement to cut carbon emissions and hopefully stave off the worst effects of climate change. Obama exhorted leaders here to fight the enemy of cynicism — "the notion we can't do anything" about the warming of the planet.

After sketching dire threats of submerged nations, abandoned cities and ever-worsening flooding and natural disasters, Obama insisted that the grim future "is one that we have the power to change." He urged leaders to "rise to this moment," invoking the late Martin Luther King Jr.'s observation that there's such a thing as being too late to a cause.

"That hour is almost upon us," Obama said.

As the conference kicked off, the Obama administration announced it was pledging \$51 million to a global fund to help poorer countries adapt to climate change. THE ASSOCIATED PRESS

+ MILESTONES

1 Montreal, 1987: Governments adopt a treaty pledging to restrict emissions of chemicals damaging the ozone layer.

2 London, 1990: The first scientific assessment of climate change is released.

3 Kyoto, Japan, 1997: The Kyoto Protocol is adopted, setting binding emissions targets for wealthy countries. The U.S. doesn't join the treaty, claiming it would harm the economy.

4 Durban, South Africa, 2011: UN climate talks produce a major breakthrough as countries agree to adopt a universal agreement on climate change in 2015 that would take effect five years later and apply to all of them. THE ASSOCIATED PRESS

RUSSIA

Turkey hit with produce ban

Russia will restrict imports of Turkish fruits and vegetables as part of a package of new sanctions following the downing of a Russian warplane by Turkey last week.

Deputy Prime Minister Arkady Dvorkovich said Monday that the produce ban could be deferred for "several weeks" to allow Russian firms to find new suppliers and curb price rises, according to state news agency RIA Novosti.

Russia has previously banned food imports from the European Union and United States over the Ukraine crisis, a measure



A trader prepares vegetables for customers at the Drogomilovsky food market in Moscow, Russia. ALEXANDER ZEMLIANCHENKO/THE ASSOCIATED PRESS

which has been blamed for fueling price rises of food on the

Russian market.

The new measures against Turkey announced at a meeting chaired by Prime Minister Dmitry Medvedev also include limits on Turkish construction firms' ability to sign new contracts in Russia and restrictions on road transport.

The measures come two days after Russian President Vladimir Putin issued a decree ordering sanctions against Turkey and calling for imports to be restricted, although he did not specify which goods were to be banned. THE ASSOCIATED PRESS

U.S.A.

Charges laid after shooting rampage

The man accused of a deadly shooting rampage at a Planned Parenthood clinic in Colorado Springs was told Monday that he will be charged with first-degree murder in the killing of three people, including a police officer, during the standoff at the facility.

Speaking in a raspy voice, white-bearded suspect Robert Lewis Dear appeared via a video hookup from El Paso County Jail, where he has been held since

surrendering to police after the five-hour siege on Friday.

Public Defender Daniel King, who represented Colorado theatre shooter James Holmes, stood beside Dear and will act as his counsel. Dear is expected to be formally charged on Dec. 9.

Dear, 57, is accused of fatally shooting a university police officer who tried to stop the attack, an Iraq war veteran and a mother of two inside the clinic. THE ASSOCIATED PRESS

≡ JAPAN

Whaling fleet sets sail

Japan's whaling fleet will leave Tuesday for the Antarctic for a three-month, scaled-down hunt, the government said, despite protests from opponents who say Tokyo has not proven that whales need to be killed for research.

The expedition will be the first since the International Court of Justice ruled last year that the hunts were not truly scientific, forcing Tokyo to revise its Antarctic whaling plans. THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

metroview

There is no 'greatest country in the world.' And that's a good thing.

I've just returned from Amer'ca, a nation so self-glorified that even its most vicious homegrown critics remain obsessed, if bitterly so. Every American's favourite topic is America.

As with any time I leave our borders, people asked me, "So, you're from Canada?" (Silence.) "Sorry, I don't know anything about Canada."

But don't tell that to those who, in the context of welcoming Syrian refugees, are deeming this the "best/greatest country in the world/on earth." They include a Toronto newspaper columnist, a Manitoba First Nations chief, and a former Sudanese refugee in Saskatoon.

It's a phrase well loved by Stephen Harper, one adopted with regularity by his MPs. It was tweeted by Justin Trudeau in 2013, then softened slightly in campaign mode to wanting his kids to "grow up in the best country in the world." And we're but a mere shadow of American political boasting.

The claim is not only a terrible cliché as well as perpetually incorrect — it's also dangerous.

It doesn't matter that, as in the recent Canadian cases, our supposed superiority is being used to argue that we should welcome refugees into our wonderfulness.

Once you decide someone — or a whole culture — is below you, it's much easier to

deny their humanity. That is how we practise cruelty, and excuse it. Once you set up a hierarchy — and that "we" are at the top of it — only conflict can follow.

Indeed, it is following in France. The homegrown terrorist attack in Paris has swiftly become a talisman of the nationalist, far-right party. Anti-immigrant and anti-Islam sentiments are finding new wind. Even before the attacks, small-town far-right politicians were railing against the spread of the kebab shop as a threat to the boulangerie, and immigrants have fought to be viewed as equally French.

It's not that we — the West — don't have values or privileges worth defending. You can even keep your mild pride, if you must, but as the EU's ambassador to the U.S. recently told Foreign Policy magazine, "We know where an excessive nationalism can take you in Europe and we never want to go back there again."

So let's not tell nice lies of superiority. Being the best in the world is a hyperbolic goal worthy of Donald Trump or Kim Jong-un, and we don't need raging nationalism to provide the basics to those fleeing war, namely safety, freedom, and hope.

Those aren't the hallmarks of some mythical, exalted society, but they are foundations of many quite good ones.

the big question

Should we allow scientists to edit human genes?

RESEARCHERS DISAGREE ON THIS POINT. Hundreds of experts and ethicists from around the world are holding a summit in Washington, D.C. this week to debate the limits of **human genome editing**, a biological cut-and-paste tool that lets scientists to spot a defective gene in a living cell and swap it out for a good one. The technique hasn't made its way out of the lab yet, but the potential is huge for treating and understanding disorders from cystic fibrosis to miscarriage, HIV/AIDS and cancer. The debate: Should manipulation be allowed on sperm, egg and embryonic cells? Such changes could affect future people who didn't give their consent. Already, a Chinese team has attempted to modify human embryos left over from in vitro fertilization, aiming to correct a deadly genetic disease. (They're still far from being able to safely attempt a pregnancy with an altered embryo). Attendees at the meeting will also hash out where the lines should be between treating illness, improving function, and selecting for desirable traits — creating so-called "designer babies." SOURCE: THE ASSOCIATED PRESS

Pro-life rhetoric paved the way for violence



Michael Coren
For Metro

We're not precisely sure why 57-year-old loner Robert Lewis Dear attacked a Planned Parenthood clinic in Colorado Springs and murdered three people. By all accounts he is a troubled, mentally unstable man, but officials from Planned Parenthood claim he had also expressed hostility to abortion and to their organization in particular.

What we do know is at least four Planned Parenthood clinics have been targeted by arson attacks in the past few months alone, and the police

have been alerted to dozens of direct threats of violence.

There is nothing new, of course, about abortion providers being attacked — even in Canada — but Planned Parenthood has been a particular target after anti-abortion activists posted videos that they claim prove the women's health organization sells baby parts and performs abortions directly for profit.

Planned Parenthood argues the films are heavily edited and strongly misleading, but the result has still been a campaign of harassment, intimidation and abuse unprecedented in the abortion debate.

The facts are a little less absolute than the so-called pro-life movement would have us believe. Most of Planned Parenthood's work has nothing to do with abortion and deals with women — often from poor backgrounds — who require basic help with female health issues. Quite

simply, without Planned Parenthood they would suffer terribly and could even die. How ironic that the strongest critics of the organization are so opposed to Obamacare and any form of public medicine.

Abortion itself, however, is a delicate, nuanced and complex issue. Nobody likes the idea, but most people understand the need for reproductive choice. In all honesty, I wish we could reduce the rates of abortion, but I would try to achieve this by providing universal access to contraceptives, ensuring a good and modern sex education as early as possible, empowering women and eradicating poverty.

The leading opponents of Planned Parenthood disagree. They want criminalization of abortion and the closing of clinics, and most of them reject contraception and certainly oppose any sex education worthy of the name.

The other aspect of all this

is the incendiary nature of the language used by abortion opponents, to such a grotesque degree that violence seems almost inevitable. I spent the weekend researching online articles even by mainstream anti-abortion groups, and their use of Nazi imagery and accusations of "baby slaughter," "genocide" and "mass murder" are legion. The illustrations they use are vile.

Even I have been targeted in the past 48 hours with the most obscene and accusing comments merely for calling for a lowering of the volume of the discussion. This is not about love for babies, but hatred for those who are pro-choice. And I fear we have not seen the last of it.

Michael Coren is a writer, broadcaster and author of the forthcoming *Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage*.

This is not about love for babies, but hatred for those who are pro-choice.

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INTERVIEW

Activist Jordan Figueiredo redefines the shape of fruit and veg waste

There is more to deformed produce than ridicule and contempt — just ask Jordan Figueiredo.

When not at his day job as a solid waste specialist for the Castro Valley Sanitary District in California's Bay area, Figueiredo runs the immensely successful @UglyFruitAndVeg campaign, one of the Internet's leading vehicles in the fight against food waste. It isn't a frivolous or quirky endeavour: in the United States, 26 per cent of produce is discarded before it gets to the grocery store. A lot is tossed out because it isn't the right size, shape or colour.

That's where Figueiredo comes in. He has used Twitter, Instagram, Facebook and Pinterest to spread awareness about produce that is rejected by large grocers because it's not perfect. He also writes articles and gives talks.

It is shocking to think that a quarter of produce never makes it to the stores, that it gets wasted.

It is wasted at harvest, post-harvest, selecting what is good. It is grocers and marketing associations that say produce has to be a certain size and way to meet cosmetic standards. It's easier for them (grocers) to stack, the produce looks perfect.

Size is the biggest reason (for discarding), not blemishes. It is really bizarre how it is.



Changing produce beauty standards

COURTESY THE @UGLYFRUITANDVEG CAMPAIGN

I've never understood why produce has to look good.

People believe that ugly produce isn't perfect, that there is something bad about it. I was like that, too. I think we have been conditioned that way — all we ever saw was perfect-looking produce, same-shape apples, size and colour. Even at farmers'

markets, I found that produce that wasn't perfect gets turned over. It is basically a developed-world problem.

The campaign has a massive following on social media. How did you make — as some would say — ugly produce look so pretty and palatable?

People have been drawn in because these images are quirky and funny. I used to post just what I saw. I get photos from all over the world now. It started slow — I would just post pictures but once I started writing funny captions that is when it started to take off. One time, Jamie Oliver (the British ce-

lebrity chef) retweeted four tweets and my phone didn't stop buzzing!

What do you want the campaign to achieve? It's really simple: all stores should sell all produce. There is nothing wrong with deformed fruits and vegetables. Also, it is a burden for

farmers. For the most part, farmers barely make a living in the U.S. and in Canada. If their produce isn't accepted by grocers, they have to throw it away and they lose money. Big grocers can sell all this produce, with incentives or without. Changing the way they do business is an uphill climb.

Is there one vegetable or fruit that tends to be more imperfect or quirky than others?

Carrots are funny. I could post carrot pictures every single day. The shapes can be amazing: a carrot can look like a hand with five fingers, a carrot can be intertwined with another to make it look like someone making love. I can't even post some of them because they are so graphic.

This interview has been edited and condensed for length and clarity. TORSTAR NEWS SERVICE



Carrots are funny. I could post carrot pictures every single day.

Jordan Figueiredo



Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Breakfast cereals

We've always heard breakfast is the most important meal of the day. A nutritious bowl of cereal is a quick and easy way to get energized in the morning. While we know the candy-coloured kid's cereals are ones to skip, not all whole grain cereals are as healthy as you'd think. Also, the indicated serving size is rarely followed, since we tend to pour freely. A 2-cup serving is more realistic.

✓ PICK THIS

Multi-Grain Cheerios (2 cups)

Calories 220
Fat 3g
Sugar 12g (3tsp)



✗ SKIP THIS

Maple Raisin Nut Muslix (2 cups)

Calories 613
Fat 12g
Sugar 40g (10tsp)



= HERE'S WHY

Equivalent: same amount of sugar as four Tim Hortons Chocolate Dip doughnuts

Whole grains are a great choice for breakfast, making both Multi-Grain Cheerios and Muslix seem like comparable choices for a smart cereal, but take a closer look. Muslix does have healthy whole grains, barley, fruits and nuts, but there is close to three times the calories and sugar, and four times the fat. Though much of this is due to the addition of nuts and dried fruit, the coconut and palm oil in the Muslix is not necessary. Enjoy the Cheerios and add your own fresh fruit (not dried) and just a sprinkle of nuts or seeds to make for a more nutritious breakfast.



Doctor with HIV says dog saved his life

WORLD AIDS DAY

Photo project tells story of emotional healing

Rob Garofalo was devastated. He'd built his medical and research career on helping young AIDS patients. Then he learned that he, too, was HIV-positive. The news came after he'd already survived kidney cancer and a breakup with his longtime partner.

Try as he might, the doctor could not heal himself, at least not emotionally.

"I couldn't afford myself the same compassion that I'd spent a career teaching other people to have," says Garofalo, who heads the adolescent medicine division at Lurie Children's Hospital of Chicago. At first, he told almost no one about his HIV status —not even his own elderly mother, who sensed that her son was struggling mightily during a Christmas visit in 2010.

"You can tell me that everything is OK, but it's not,"

she said, cupping her hands around her son's face at the end of his trip to his native New Jersey.

Garofalo recalls crying on much of the flight home to Chicago in a catharsis that led him to an unexpected decision, one that helped him in ways no human could and ultimately led him to a new role in the HIV community.

He got a dog.

It was a little Yorkshire terrier he named Fred. And everything changed.

"I had this little bundle of, like, pure joy," Garofalo says. "He made me re-engage with the world."

The doctor, who's helped save many an AIDS patient, knows it sounds a little crazy that the companionship and simple needs of a pet could help him cope with his disease and pull him out of depression.

"But I'm not exaggerating when I say that he saved my life," says Garofalo, who'd considered suicide after his HIV diagnosis.

His journey back to life started with simple things. He had to leave the apartment where he'd isolated himself



Lynnea Garbutt and Daniel Cardenas are both HIV positive and say their dogs have given them strength and hope. JESSE FREIDIN VIA THE ASSOCIATED PRESS



to buy food for Fred. He had to talk to the many people who wanted to stop and pet the little dog. Garofalo also found comfort when he'd awakened with one of his frequent night terrors and have Fred to snuggle.

Eventually, Garofalo sought counselling and told his moth-

er and friends about his HIV status. As his energy level grew, he also started a charity using Fred's image to raise money for programs that help HIV-positive teens.

He began a project called When Dogs Heal, with the help of a dog photographer named Jesse Freidin and a Chi-

cago-based writer named Zach Stafford. It tells the stories of HIV-positive people and their dogs in an exhibit launching in Chicago today, which is World AIDS Day, and also in New York City two days later.

Participants whose images are in the show include a young mother from Los Angel-

es who was born with HIV, a Chicago man who tested positive after he was gang raped, and an HIV-positive man in San Francisco who quit dealing drugs so he could provide a more stable life for himself and his newly adopted dog.

"I would be in bed and not want to get up, but this little doggy was whining, licking my neck and needed to get outside. I had to get up," says Lynnea Garbutt, the young mom. She says her wirehaired fox terrier, Coconut, eventually helped her muster the courage to leave an abusive relationship and also prepared her to care for her daughter, who recently turned 1 and is not HIV-positive thanks to medical interventions. Though many participants' stories have difficult elements, Freidin, the photographer, said the exhibit also shows "something joyful."

Daniel Cardenas, an HIV-positive Chicagoan who'll appear in the upcoming exhibit with his dog, Loki, certainly sees that in his dog.

"He's really a symbol for me," Cardenas says, "a symbol of hope, of promise, of a future."

THE ASSOCIATED PRESS

+ DID YOU KNOW?

Having a dog reduces anxiety in kids

New York researchers have discovered that the presence of a dog in a home reduced children's anxiety.

By creating a bond, stimulating conversation and facilitating social interaction, a canine companion helps to increase levels of oxytocin (the hor-

mone which plays a role in attachment and the mother-child bond) and to reduce levels of cortisol (a hormone which controls our metabolism). This process reduces the response to stress, say the researchers, who attempted to understand what mechanisms were behind this link.

Childhood mental illness,

behavioral problems and obesity are significant public health problems in the US. One in eight children is said to suffer from anxiety. Dogs have already been linked to a reduction in excess weight and asthma in kids and are said to have a positive impact on children with cancer by stabilizing their heart rate. AFP

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NOTICED NATIONWIDE THE DRESS Weather reporters across the U.S. have been wearing the same dress from Amazon. The dress was reportedly originally shared to a private Facebook group for weather broadcasters, and took off from there because it adhered to the guidelines meteorologists are subject to when it comes to what they can wear on TV. "At \$23 we could buy a handful of these dresses for what we normally pay for just one," Meteorologist Shelby Hays told TechInsider. "Many female meteorologists are subject to a strict dress code for what they can and cannot wear on air. Patterns are considered 'too busy' and there are often regulations on sleeve length or style," Tech Insider reported. FUJITAGIRL83/IMUGR.COM

JOHANNA SCHNELLER WHAT I'M WATCHING

A strained self-awareness

Doll & Em: Season 2, Episode 5 (HBO)

The actress Emily Mortimer (*The Newsroom*) and her best friend Dolly Wells, playing fictionalized versions of themselves, have written a semi-autobiographical play that's about to open off-Broadway. The rehearsal process has been fraught; there's palpable tension between the playwrights and the actresses playing them, Olivia Wilde and Evan Rachel Wood. Now all four women are sitting with an eager reporter.

"Why did you cast much younger actresses to play you?" the reporter asks Em.

"I wouldn't say 'much' younger," Em demurs.

"Oh, yes, much," Wilde and Wood sputter.

"At least ten years," the reporter says blithely.

"Really, ten years?" Em mutters, rattled yet irked.

This series is nothing if not subtle — the humour sneaks up on you. Only after I finished all 12 episodes (divided over two seasons) did I really get it: It's about reinvention.

How easy it is to get stuck in one definition of ourselves. How much we yearn to change, to become someone no one expects us to be. And how difficult it is to break out of that box — because of



Wells and Mortimer, creators and stars of Doll & Em. CONTRIBUTED

self-doubt, yes, but also because others don't want us to.

The show's creators, Mortimer, Wells, and Azazel Jacobs, made the smart decision to throw no external obstacles in Doll and Em's path: They easily land a producer, a theatre, a cast. So they'll either succeed by their talent, or fail on their limitations. Em is a star and Doll a civilian, but their problem is the same: Whatever happens, it's all on them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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BREAKUPS

Joe Jonas is apparently jealous

Should we be worried about Joe Jonas? He's apparently not taking the news of ex-girlfriend Gigi Hadid shacking up with Zayn Malik very well — at least if his social media activities are any indication.

Just as Hadid's new romance was starting to heat up, Jonas went and unfollowed her on

Instagram — which, to be fair, makes sense. But he also unfollowed Malik, probably because the former One Direction member is likely to start posting photos of Hadid now that they've reached the hand-holding-in-public stage of their relationship. And then — and then! — Jonas also deleted a photo from

Twitter taken back in June of him with Malik and Kanye West hashtagged "squad." Guys? He really seems upset. NED EHRBAR/METRO



LIFESTYLE

Katie Holmes is not relatable

Katie Holmes does a terrible job of trying to come off as a relatable New Yorker in her new *Ocean Drive* magazine profile, and it's kind of amazing.

"I'm a normal person and I do walk around," she insists. "If you're having a bad day, you just take a walk, and it's not only that

you see people who are having a worse day than you, it's just that you're in life. You suddenly can't be stuck in whatever problem you're in because you have to hail a cab or you have to get a subway ticket. There's more than just you, and I think the harsh winters give you a little

bit of character."

OK, where to begin? How about with the whole making yourself feel better by seeing people worse off than you? That's bold. Also, subway ticket? Not that I believed she actually took the subway, but still.

NED EHRBAR/METRO

GOSSIP IN BRIEF

Saget not at Olsen's intimate wedding

Are you bummed that you didn't score an invitation to Mary-Kate Olsen's swanky Manhattan wedding to Oliver Sarkozy this weekend?

Well, at least you're in good

company. Full House co-star Bob Saget didn't get one either.

"I was not invited, but I'm very happy and I sent a Mazel tov text," Saget tells the *Today* show. "I hope they're happy."

So what did you and Saget miss out on? In appropriately

French fashion, the reception reportedly featured "bowls and bowls filled with cigarettes, and everyone smoked the whole night," according to Page Six. NED EHRBAR/METRO



Exciting times ahead at Saint Paul

With new programs and exciting special events, 2016 is gearing up to be one of the most exciting years yet at Saint Paul University.

The new year kicks off with the annual Winter Open House on Wednesday, Jan. 27. Drop in and meet professors and find out more about the admissions process.

Next up in March, the school presents the international conference Positive Psychology and Spirituality: Healing through Pleasure. It's three days of seminars, practical workshops, inspiring conversations and networking. Also, don't miss the Evening Conference

in Theology running every month until April 2016.

The Faculty of Theology is proud to launch a new program: a graduate diploma in Contemplative Theology and Spiritual Mentorship. The program, opening in September 2016, is unique in Canada. In order to achieve its goals, it includes five courses: understanding the self; issues and conditions for a contemplative renewal; steps on the path toward fullness; the master-disciple relationship, and contemplative theology and dialogue.

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CONTRIBUTED

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"We canvas our students frequently and take their suggestions to heart."

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CONTRIBUTED

uals more flexible schedules and delivery modes.

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For more information about the Language Institute, visit algonquincollege.com/languages



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Eskimos shed mediocre tag

CFL

Longtime staff, players, fans rewarded with Grey Cup

The Edmonton Eskimos returned home with the Grey Cup Monday in what the team and fans agreed was as much a celebration of excellence as an exorcism of a decade of mediocre football.

"Having been here my entire career ... those dark years were really personal for me, and we worked tirelessly at trying to make sure that we could deliver something that these fans deserve," said Eskimo general manager Ed Hervey.

Eskimo quarterback Mike Reilly agreed, as behind him fans took pictures of the slightly pockmarked Cup as it sat on a table in the airport reception lounge.

"It's been 10 long years and we're just excited about having the opportunity to go and take that cup to our fans," said Reilly.

"We all did it together. They stuck with us through the dark times and that's what we had to go through to get to the bright times."

The Eskimos brought home their 14th Grey Cup, landing before noon at the Edmonton International Airport in a plane decorated in CFL team logos.

They were greeted by green and gold clad fans, cheering, blowing horns and singing the team's fight song.



Eskimos head coach Chris Jones carries the Grey Cup through the airport after returning to Edmonton on Monday.

JASON FRANSON/THE CANADIAN PRESS

With players, their families and fans it was over 200 people in the waiting lounge.

The Eskimos defeated the Ottawa Redblacks 26-20 at Investors Group Field in Winnipeg for their first Grey Cup win since 2005.

But it wasn't just the decade-long drought that followed that left a dry taste in fans' mouths. It was also the chronic mismanage-

I think I'm most proud of (the fact that) the culture of the Edmonton Eskimos is back.

GM Ed Hervey

ment tinged by moments of melodrama for a team that was once the (green and gold) standard of the league.

Until 2006, the Eskimos had not missed the playoffs since

1972, a string of 34 consecutive seasons.

The Eskimos had authored two dynasties, for three years in the mid-1950s and then five in a row starting in 1978.

But since 2006 the Eskimos have not strung together more than two consecutive playoff seasons, missing the post-season four times. When head coach Chris Jones took over in 2014, he inherited a 4-14 ballclub.

Coaches came and went: Danny Maciocia, Richie Hall and Kavis Reed.

Eric Tillman came in as general manager in

+ PARTY TIME

The city will host a noon-time downtown Cup celebration for the Eskimos on Tuesday.

2010, traded franchise quarterback Ricky Ray, frittered away the lifeblood Canadian content on the roster, and was gone by 2012.

Anger often boiled over, like in 2009, when defensive end Xzavie Jackson, after a fight with teammate Aaron Fiacconi in practice, left the field only to return moments later, marching toward Fiacconi with a shovel. Maciocia managed to intervene.

Even Hervey, the famous former Eskimos receiver who took over for Tillman in 2012, was not immune.

Frustration in 2013 over what he was seeing on the field led him to angrily announce roster and play-calling changes that led to questions over whether Reed had become a figurehead coach.

Lori and Seth Noble, season ticket holders since 2008, endured most of that, but said they always believed the team would come around.

"We've been hanging in there through the rough years, but we've always seen really good potential," said Lori, one of the fans on hand to greet the team.

Seth said they had come from a long night of celebrating the Cup win in Drayton Valley.

"It was great," said Seth. "It's what we've been waiting for."

THE CANADIAN PRESS

'We've been built to do this multiple times'

Mike Reilly doesn't see the Edmonton Eskimos being one-hit wonders.

The Grey Cup MVP believes the Eskimos have the framework in place to win multiple championships.

"We'll celebrate it, recoup for a couple of months but then the work gets that much harder because we're not built to do this once," Reilly said. "With the GM we have, the coaching staff we have and the players they've brought in, we've been built to do this multiple times and it's on us to make sure that happens."

The road to the Grey Cup

+ GM'S WORRIES

Edmonton GM Ed Hervey has plenty of work to do this off-season, with the likes of kicker Sean Whyte, running back John White, receivers Adarius Bowman and Shamawd Chambers (Grey Cup's top Canadian), defensive lineman Al-mondo Sewell, linebacker

J.C. Sherritt and defensive back Aaron Grymes all projected to become free agents. And then there's Chris Jones, who the Saskatchewan Roughriders are reportedly interested in speaking to regarding their vacant head coach/GM positions.

hasn't always been a smooth one for Reilly and the Eskimos. In 2013, the club finished last in the West Division with a 4-14

record before hiring head coach Chris Jones.

In 2013, Edmonton showed marked improvement, finishing

second in the conference with a 12-6 record. But Calgary was a huge thorn in the Eskimos' side, sweeping the season series 4-0, including a one-sided 43-18 victory in the West Division finale en route to capturing the Grey Cup.

But Edmonton exorcised those demons this season, finishing tied with Calgary with a CFL-best 14-4 record but garnering first in the West by virtue of winning the season series 2-1. Then the Eskimos dispatched the defending champions 45-31 in the division final.

"It's been a process," Reilly said. "I think through the 4-14

season we learned how not to win, we learned how to lose the close games.

"Last year we learned how to win those close games but we learned how to lose the big games. This year we finally learned how to win the big ones. It's been a three-year process in my mind and that's why I say I think we've been built for the long haul to do this multiple times."

THE CANADIAN PRESS



Mike Reilly
GETTY IMAGES

Things looking up for game-hungry Anderson

NHL

Senators goalie relishing long run in nets with Hammond out

Ottawa goaltender Craig Anderson says he thrives on playing consecutive games. That's a good thing for the Senators, as it appears he won't be getting a break any time soon.

Since Andrew Hammond is sidelined with a concussion, the Senators will be relying on Anderson to carry the goaltending workload for the foreseeable future. The 34-year-old has started the last seven games and is expected to play all three home games this week.

The Senators initially recalled Matt O'Connor from Binghamton after Hammond was injured, but O'Connor was sent down last week and Chris Driedger was recalled for the Senators three-

game road trip last week. Driedger remains with the team, but at this point it doesn't appear he will play unless necessary.

Anderson says he has no problem carrying a heavy workload. "I love it," he said.

"I get to watch everybody else play every night. It's one of those things where you just want to be in there and give the team a chance to win and be the guy that they're relying on. It's a good feeling."

Anderson says he's always been a guy who likes to play a lot of games and just ensures he prepares accordingly.

"You just have to stay on top of your conditioning to make sure you're doing enough to stay mentally and physically sharp and that's kind of the key," Anderson said. "Sometimes it's a mental grind where you just

have to battle through it. When you're playing every other night you don't really have time to think about it."

Anderson says he ensures he keeps on top of his nutrition and gets the necessary rest to stay in game shape. Senators coach Dave Cameron says he doesn't worry about Anderson carrying a heavier workload.

"The concern is if he's no good, then you've got a lot of concerns your No. 1's no good," said Cameron with a laugh. "Andy's great. We'll monitor his play, and I think your goalie is like everybody else. They never complain when they play so it's up to us to monitor it."

It also helps when Anderson doesn't have to face 40 or more shots every game. So far the Senators have done a good job sup-

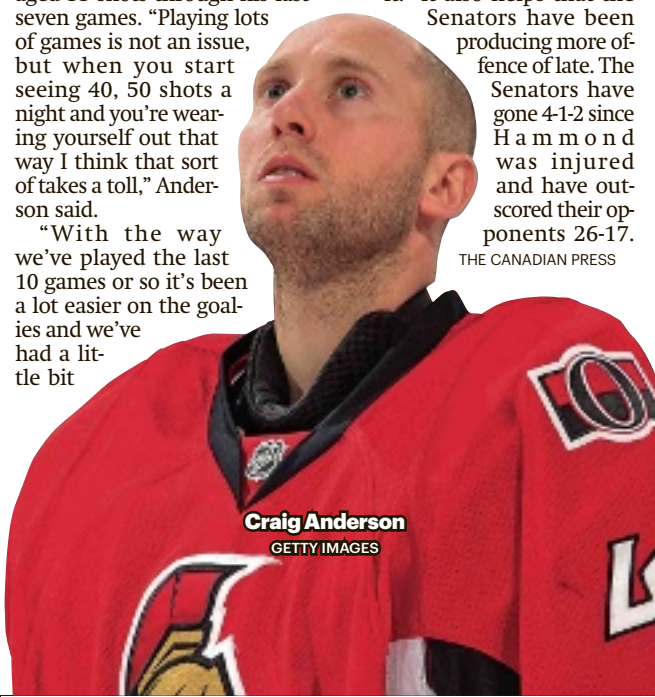
porting Anderson as he's averaged 33 shots through his last seven games. "Playing lots of games is not an issue, but when you start seeing 40, 50 shots a night and you're wearing yourself out that way I think that sort of takes a toll," Anderson said.

"With the way we've played the last 10 games or so it's been a lot easier on the goalies and we've had a little bit

more energy level because of it." It also helps that the

Senators have been producing more offense of late. The Senators have gone 4-1-2 since Hammond was injured and have outscored their opponents 26-17.

THE CANADIAN PRESS



Craig Anderson
GETTY IMAGES

NHL IN BRIEF

Rangers' Stepan out for 4-6 weeks with broken ribs

Rangers coach Alain Vigneault said centre Derek Stepan will miss four to six weeks because of broken ribs.

Vigneault made the announcement Monday following the New York Rangers' morning skate. Stepan injured the ribs in Friday's loss to Boston. He has six goals, six assists in 23 games this season.

THE ASSOCIATED PRESS

First star for Dallas' Benn

Dallas Stars left-wing Jamie Benn, Washington Capitals goaltender Braden Holtby and Montreal Canadiens centre Alex Galchenyuk have been named the NHL's three stars of the week.

Benn shared the league lead with four goals and six points as the Stars continue their best start to a season in the franchise's 48-year history (19-5-0, 38 points). Holtby posted a 4-0-0 record with a 1.75 goals-against average, .945 save percentage and one shutout to lead the Capitals to the top of the Metropolitan Division.

THE CANADIAN PRESS

McDavid rehab is ahead of schedule

Connor McDavid will have to wait at least another 11 months to play his first NHL game at Air Canada Centre. He won't have to wait as many months as feared to get back into game action.

Originally considered out "months" with a broken left clavicle, McDavid said Monday that his rehab is ahead of schedule. This year's top draft pick who was injured Nov. 3 isn't skating yet, but he says he's pain free and hopes to be back sooner than expected.

"Obviously it's healing well," McDavid said. "It's kind of the long run where it feels good and you want to start doing everything, but at the end of the day you've still got to let it heal."

McDavid, considered a generational talent, had five goals and seven assists in his first 13 games with the Oilers. That kind of start made him a front-runner for the Calder Trophy as rookie of the year. He was comfortable at the pro level when he slammed into the boards in Edmonton against the Philadelphia Flyers and broke his collarbone. THE CANADIAN PRESS



Montreal Canadiens' goalie Carey Price
BRUCE BENNETT/GETTY IMAGES

Habs facing long spell without Price

The Montreal Canadiens survived one nine-game stretch without star goaltender Carey Price, but now they'll be missing him a lot longer. The Canadiens announced Monday that Price will be out at least six weeks with a lower body injury that he sustained during a 5-1 win over the Rangers in New York last week. He will not require surgery.

Last season's Hart and Vezina trophy winner is expected to miss at least 16 games, with only a slim chance he could return for the Winter Classic outdoor game Jan. 1 in Boston, if he heals quickly.

"He's a big part of our team,"

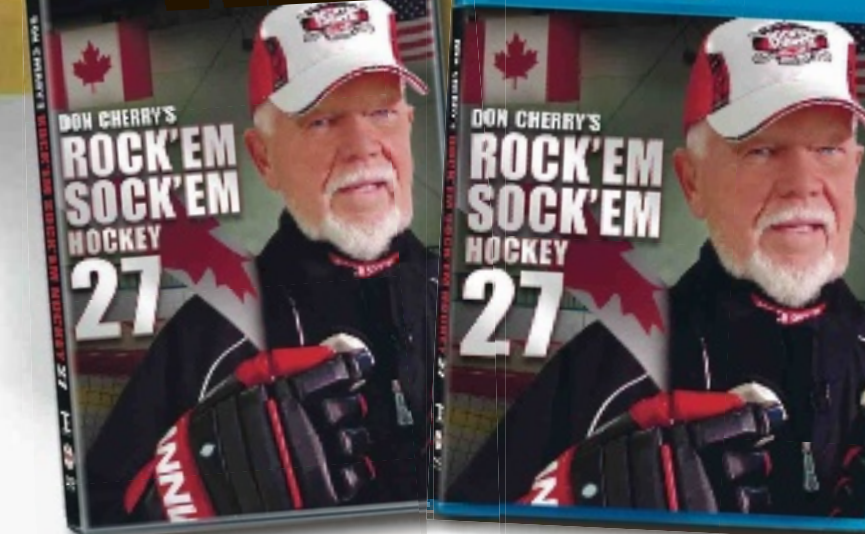
said defenceman P.K. Subban. "But if we think we're going to get any sympathy from the teams we're going to play in the next six weeks, we're not."

"The good thing is we've had to deal with not having Price in the lineup for a little while already and we know what that means. We have to pull our socks up."

The injury returns first-year back-up Mike Condon to the hot seat. The Boston-area native went 5-2-2 the last time Price was out from late October to mid-November, although he started to look shaky at the end of that run.

THE CANADIAN PRESS

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SOCCER

Neymar among 3 up for Ballon D'Or

Neymar made the three-man Ballon D'Or shortlist for the first time on Monday alongside Barcelona teammate Lionel Messi and title holder Cristiano Ronaldo.

The 30-year-old Ronaldo has won two consecutive world player of the year titles since ending Messi's four-year winning streak and is nominated despite failing to win any trophies with Real Madrid in 2015.

The 23-year-old Neymar, though, won a treble with Messi at Barcelona, ensuring he became the first Brazilian finalist since 2007 winner Kaka.

Neymar has 41 goals across the calendar year for Barcelona - three fewer than the 28-year-old Messi - but one blot is the four-match ban from Brazil games imposed at the Copa America following a red card.

The winner is announced at a FIFA gala in Zurich on Jan. 11. American forward Carli

TOP COACH

Chile's Jorge Sampaoli is a finalist for men's coach of the year after winning the Copa America title. Barcelona's Luis Enrique, who led his team to the Champions League title, also is a finalist along with Bayern Munich's Pep Guardiola.

Lloyd is a finalist for FIFA's women's award after scoring a hat trick that led the United States to victory over Japan in the World Cup final. Japan's Aya Miyama and Germany's Celia Sasic are the other finalists.

Jill Ellis of the U.S. is a finalist for women's team coach award along with Mark Sampson, who led England to third place, and Norio Sasak of Japan.

THE ASSOCIATED PRESS

MLB

Zimmermann inks five-year Tigers deal

Free agent pitcher Jordan Zimmermann has finalized a \$110 million, five-year contract with the Detroit Tigers.

Zimmermann gets \$18 million in each of the next two seasons, \$24 million in 2018 and \$25 million in each of the final two years. As part of the agreement announced Monday, he has a full-no trade provision through 2018, then can be dealt to 10 teams without his permission during 2019-20.

The 29-year-old right-hander went 13-10 with a 3.66 ERA last season for Washington, striking out 164 with 39 walks. In 2014, he went 14-5 with a 2.66 ERA.

Detroit forfeits its second-



Jordan Zimmermann

ROBIN BUCKSON/THE ASSOCIATED PRESS

round pick in June's amateur draft and Washington will gain a compensation selection, No. 38 overall. THE ASSOCIATED PRESS

IN BRIEF

Dolphins shuffle coaches

Miami Dolphins interim coach Dan Campbell is running out of time to make a good impression, so he's going with a new play caller to jump-start his offence.

Campbell fired offensive co-ordinator Bill Lazor Monday and gave Zac Taylor primary responsibility for calling plays. Taylor remains quarterbacks coach.

The moves came after the Dolphins lost 38-20 to the New York Jets on Sunday. The Dolphins (4-7) were shut out in the first half.

THE ASSOCIATED PRESS

76er up on speeding rap

Officials have confirmed that Philadelphia 76ers centre Jahlil Okafor was recently cited in New Jersey for driving at "an excessive rate of speed" and reckless driving on a major area bridge.

The Delaware River Port Authority confirmed Monday that the NBA player was stopped on the Ben Franklin Bridge on Oct. 19. The agency did not disclose how fast Okafor was travelling, but published reports have said it was more than 100 mph.

THE ASSOCIATED PRESS



Kobe Bryant speaks at a news conference Sunday. ALEX GALLARDO/THE ASSOCIATED PRESS

Kobe farewell tour cranks up in Philly

NBA

Bryant knows the City of Brotherly Love also has haters

Kobe Bryant's farewell tour begins in the city that loves and hates him.

Bryant will play his first road game since announcing he'll retire after this season in his hometown Tuesday night against the winless Philadelphia 76ers (0-18).

The five-time NBA champion's relationship with Philly fans has been turbulent throughout his 20-year NBA career in Los Angeles. Some love

him. Some hate him. Regardless, nearly everyone respects his superstar talent.

With the 76ers, Eagles and Flyers all struggling, Bryant's return was a hot topic on sports radio on Monday.

Born in Philadelphia, Bryant spent much of his childhood living in Italy where his father, Joe Bryant, played pro basketball. When his family moved back to the United States, Bryant went to Lower Merion High School,

located in an affluent suburb about nine miles west of downtown Philadelphia.

He once said early in his career that he wasn't from Philly because he didn't live within the city limits. That didn't sit well with local fans.

"He was a spoiled rich kid who grew up in a fancy suburb," said Louis Manitti, a former season-ticketholder. "He was never one of us. He wasn't a hard-working blue-

collar guy."

But nothing turned fans against Bryant more than a bold statement he made during the 2001 NBA Finals when the Lakers played Philadelphia. Iverson led the Sixers to a victory on the road in Game 1 and the Lakers won Game 2. Afterward, Bryant said he wanted to come home and "cut their hearts out" by winning the series in Philadelphia. The Lakers did just that, winning three straight games to clinch the NBA championship.

"I liked Kobe until he said he wanted to rip our hearts out," said Michael Rivers, a part-time season ticketholder.

Bryant has never apologized for that comment.

THE ASSOCIATED PRESS

I always enjoyed watching Kobe play and consider him one of the greatest ever, but he didn't want to play for the Sixers so I held that against him.

Longtime Philadelphia sports fan John Passero

DeRozan has special feeling for Laker star

DeMar DeRozan was 16 years old when he was invited to Kobe Bryant's camp for the top 25 American high school shooting guards.

A friendship grew between the Toronto Raptors all-star and the third leading scorer in NBA history.

And moments after the Raptors' 107-102 loss Sunday night to Phoenix, DeRozan talked at length about Bryant, calling it "an honour" to know him. Bryant announced Sunday

night via a post on "The Players' Tribune" that he'll retire at season's end, capping a 20-year NBA career.

"It's crazy. The knowledge that he tended to give me every time I got the chance to be around him, especially at a

young age, carrying over to the league, it was definitely an honour,"

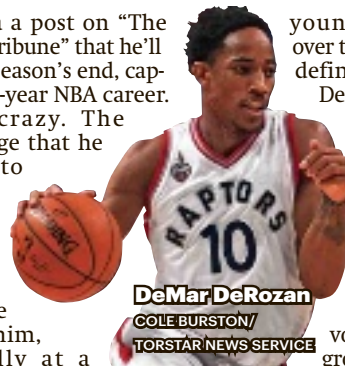
DeRozan said. "I tried to listen as much as possible, soak in as much as I could all of the time. It's crazy how much time flies."

Bryant was DeRozan's favourite player while growing up in Com-

ton, Calif.

"I've tried to emulate and learn so much from him ever since I was a kid, watching every single game growing up in Los Angeles, having a chance to get with him and learn from him, from conversations even when I was in high school from playing against him, completing against him, being in big games with him," said DeRozan, who scored a game-high 29 points in Sunday's loss.

THE CANADIAN PRESS



DeMar DeRozan

COLE BURSTON/TORSTAR NEWS SERVICE

RECIPE Butternut Squash and Black Bean Quesadillas



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh For Metro Canada

This is an immunity-boosting, vitamin packed recipe. But you can just tell your family that you're having quesadillas for dinner!

Ready in
Prep time: 45 minutes
Serves 4

- Ingredients
- 15 cups butternut squash, peeled and cubed
 - 1/2 tsp cumin
 - 1/2 tsp cinnamon
 - 1 tsp chili powder
 - Pinch of salt and pepper
 - 1 Tbsp olive oil
 - 1 x 14 oz can black beans, rinsed
 - 2 cups grated cheddar cheese (or Monterey Jack or Mozzarella)
 - Big handful of cilantro, chopped
 - 8 tortillas

Directions
1. Preheat the oven to 350 F.

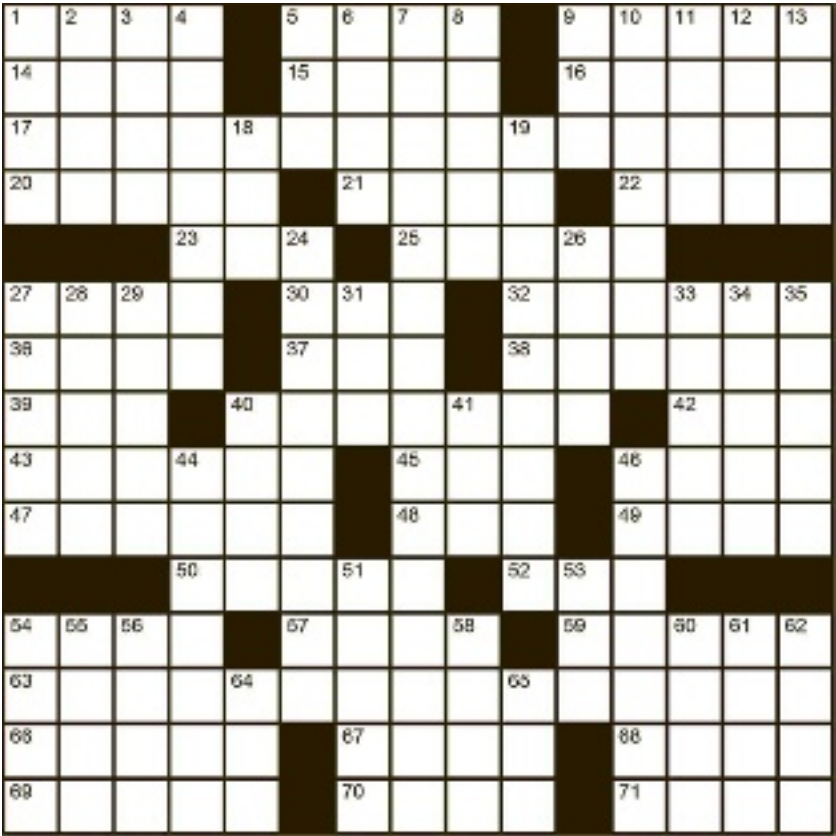
2. In a large bowl, toss cubed squash with the spices and olive oil until well coated. Spread evenly on baking sheet and place in oven for 20 minutes. Remove from oven and add beans to the baking sheet. Stir together and spread evenly. Place back in the oven for another 20 minutes.
3. Drizzle oil in a skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture right to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and a bit of cilantro. Top it with another tortilla. Place a plate on top and press down firmly. Cook for about 5 minutes until the tortilla is golden and the cheese is beginning to melt. Carefully flip the quesadilla over and cook for another five minutes.
4. Repeat with the rest of your tortillas and squash. Cut the cooked quesadilla into quarters like a pizza and serve with guacamole, sour cream and salsa.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

- ACROSS
1. Wizard's tool
 5. Posh cars
 9. Prized violin, e.g.
 14. 'Acoustic Soul' artist, India_
 15. Hurt
 16. Prefix to 'comedy' (Theatrical genre)
 17. High-tech shoes
 - Michael J. Fox famously wore as Marty McFly: 2 wds.
 20. Lovely place to stroll
 21. "Am _ _ late?" (Is there still time?)
 22. Try to find
 23. " _ _ Wednesday" (1973)
 25. Jagged
 27. Very dry, as per champagne
 30. "Wowyl!"
 32. Museum tour guide
 36. Soaks flax
 37. "Let It Ride" gr.
 38. Shred of a shredded shirt
 39. Post-op locale
 40. Dorothy _ , "The Golden Girls" role
 42. Bale of _
 43. Like a scarecrow's filling
 45. Kim, to Khloe
 46. Sprightliness
 47. Rather: 2 wds.
 48. Gnaw
 49. Formerly, in verse
 50. "Luck Be _ _" by Frank Sinatra
 52. Bungle
 54. Long-range weapon, commonly
 57. Scientific name of



the Staghorn Sumac shrub which grows in southeastern Canada, _ Typhina

59. Novelist Dame Christie, cutely

63. 'Models' in sewing rooms: 2 wds.

66. 1940s jazz

67. The pair

68. "Eight Is Enough" actress Ms. O'Grady

69. Perfect places

70. Keen on

71. Book of _ (Old Testament book)

DOWN

1. Hymenopter-

an insect

2. Space

3. Zilches

4. Overcomes

5. Sheared-one's call

6. Gladiator's 1201

7. It's in northern Canada: 2 wds.

8. Gentleman,

in Galicia

9. Toronto's 'Union', e.g.

10. Cut into threes

11. Shed implement

12. James _ (Pulitzer-winning writer)

13. Frisbee, _-shaped

18. L.A.'s 'L'

19. Refined asset: 2 wds.

24. One might have pet chickens and a large vegetable garden: 2 wds.

26. Marinate

27. Lively

28. 'Straight'-meaning prefix

29. Street sign sort

31. Prefix to 'logist' (Ear doctor)

33. Surgery aid, back in the olden days

34. Some tides

35. Affairee's appointment

40. Interestingly-named Canadian artist with the 1979 hit "Call Out My Name"

41. Ms. Vardalos

44. Joy _ (Author of 1960 lioness book Born Free)

46. Patio frame-work

51. United Arab Emirates capital, Abu _

53. U.K. military service

54. " _ _ happy to!"

55. Money: Deb. opposite

56. Ms. Neuwirth

58. Cobblestone

60. Small weight

61. " _ _ expert but..."

62. 'Photosynth' suffix

64. Madonna's first hubby ...his initials=sharers

65. 17th Greek letter

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
You are at your most generous — you'll do anything for anyone no matter the cost. Don't worry if people try to take advantage — they'll get what they deserve in the end.

♉ **Taurus** April 21 - May 21
You will come to the aid of someone who is in need of defending, but don't fall into the trap of thinking that you have to be there for them every time. Sooner or later they must learn to stand on their own two feet.

♊ **Gemini** May 22 - June 21
A friend or work colleague will try to make a big deal of something that you think is of little or no importance today. Strive to see the situation from their point of view.

♋ **Cancer** June 22 - July 23
Rise above petty things and focus only on positive words and deeds. If someone seeks to get ahead at your expense you must not go looking for revenge.

♌ **Leo** July 24 - Aug. 23
You know what is right, you know what is just and you know what you must do. More than any other sign you have the power to follow things through to the end, so keep going.

♍ **Virgo** Aug. 24 - Sept. 23
If others say nasty things about you don't say nasty things in return — there's no need. Those who know you well won't believe it and those who don't know you well will be impressed by your dignified manner.

♎ **Libra** Sept. 24 - Oct. 23
You have pushed yourself hard in recent weeks and have accomplished a lot but now you need to take life at a less frenzied pace. There may be things that need doing but you don't have to do them all yourself.

♏ **Scorpio** Oct. 24 - Nov. 22
You have so many opportunities to choose from. Money matters are central, so look for ways to increase your cashflow. Creative activities of all kinds will be especially rewarding.

♐ **Sagittarius** Nov. 23 - Dec. 21
Stay focused and there is no limit to what you might accomplish. Today's Mercury-Uranus link will give you some amazing insights into how you can make the most of your talents.

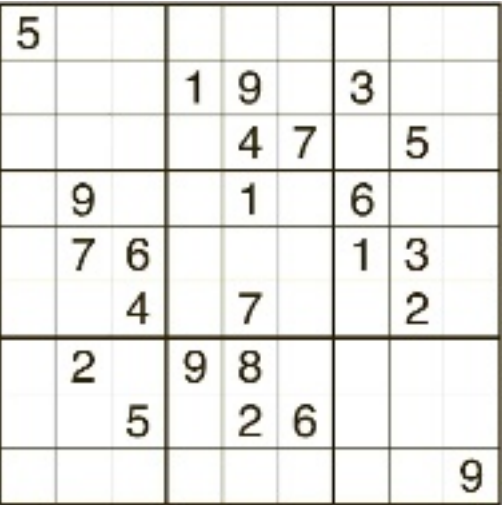
♑ **Capricorn** Dec. 22 - Jan. 20
You may look calm on the outside but your emotions are all over the place. Don't keep your feelings bottled up. The longer you keep a lid on things the bigger the inevitable explosion will be.

♒ **Aquarius** Jan. 21 - Feb. 19
The more someone promises you riches and rewards for just a small investment today the more certain you can be that they are lying and hoping to get rich at your expense.

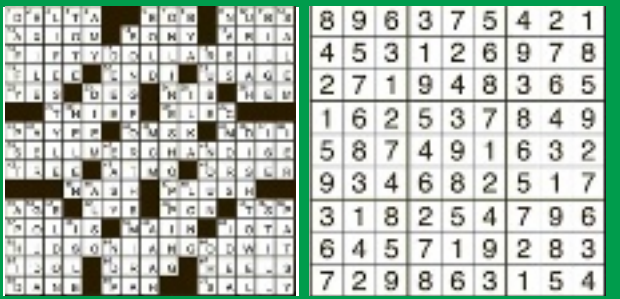
♓ **Pisces** Feb. 20 - March 20
Get on the right side of employers and important people but don't make promises you may not be able to keep. Just be yourself and have faith that they will like what they see.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Offer ends December 6, 2015. Available to new customers in Ontario where access and technology permit and where Business phone service is not CRTC regulated. Subject to change without notice and cannot be combined with any other offer. \$200 Basic Bundle installation fee applies. Unlimited usage is subject to the Business Terms of Service; see bell.ca/businesstermsofservice. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Based on total number of subscribers. (2) Subject to a 3-yr. term. Early cancellation charges apply. Available with Internet download speeds of up to 10 Mbps and upload speeds of up to 1 Mbps. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors; see bell.ca/businessinternet. (3) Includes 3 licenses of Internet protect. Subject to technical requirements; see bell.ca/internetprotect. (4) Includes: 1. Call Display, 2. Call Forwarding, 3. Call Waiting, 4. Speed Call, 5. Last Number Redial, 6. Per Call Blocking, 7. Hold, 8. Call Transfer, 9. 3-way Calling. (5) Includes 300 minutes. Applies to direct-dialed outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls (\$0.07/additional min.). Calls to certain conference or adult services or to high-cost areas may be restricted.